ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (PFEVEX69830)
- the NAME of the product (PROFORM® 800TR exercise cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 26)

Part No. 202576 R1203A

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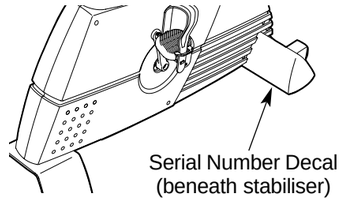
PRO-FORM® 800TR InteractiveErgometer

Model No. PFEVEX69830
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

08457 089 009

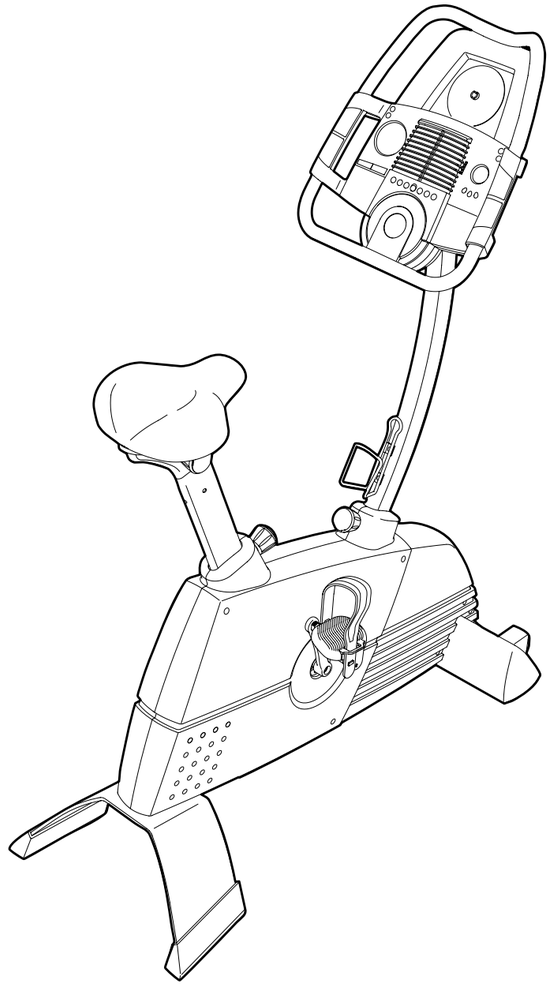
Or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



Class HA Fitness Product

Visit our website at
www.iconeurope.com

PRO-FORM®
800 TR InteractiveErgometer

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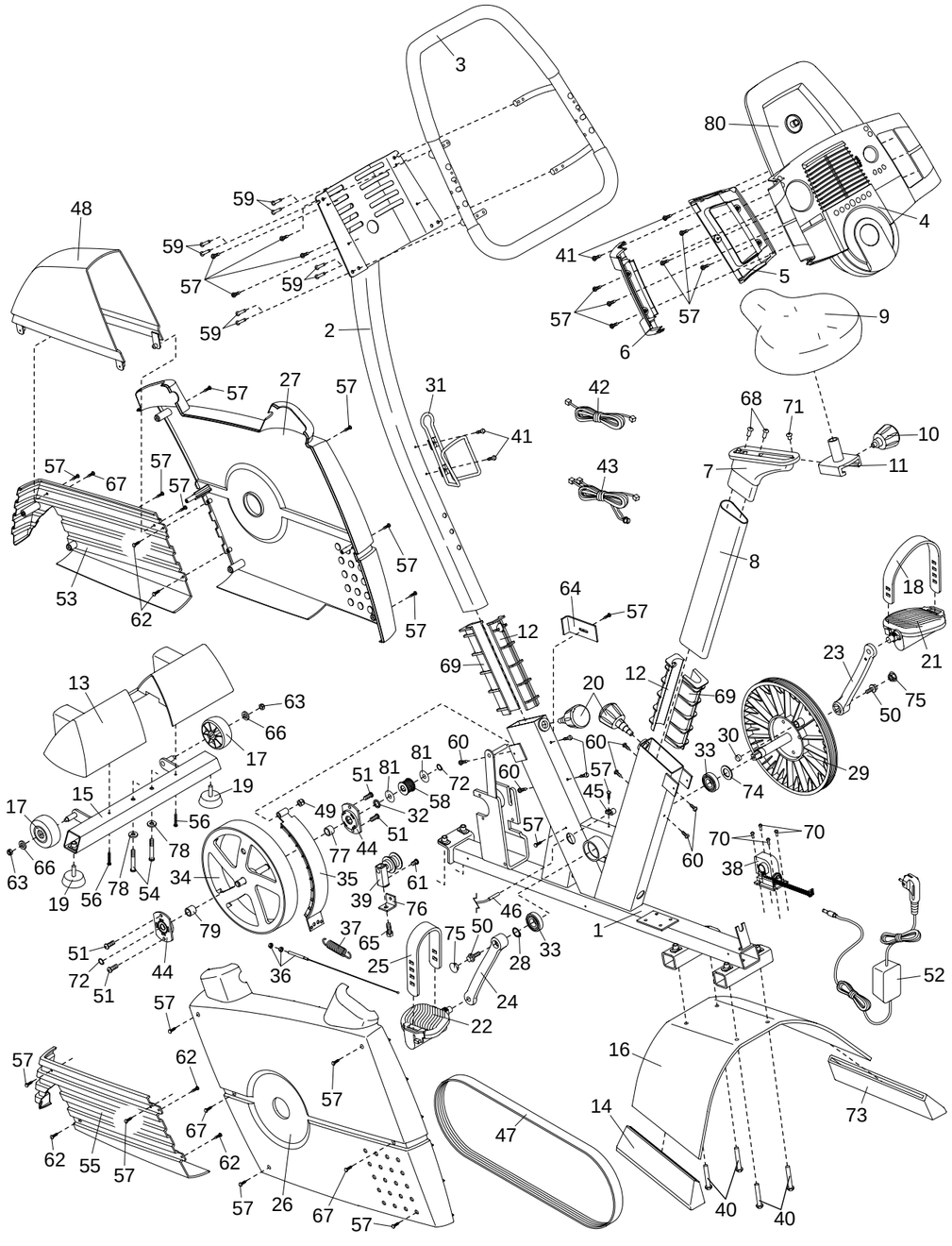
EXPLODED DRAWING—Model No. PFEVEX69830

R1203A



PART LIST—Model No. PFEVEX69830

R1203A

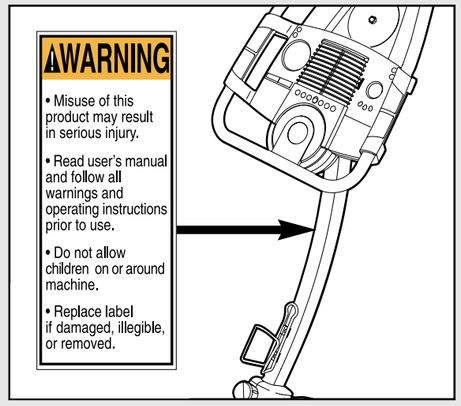
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	44	2	Bushing Bracket
2	1	Upright	45	1	Clamp
3	1	Handlebar	46	1	Reed Switch/Wire
4	1	Console	47	1	Drive Belt
5	1	Right Handlebar Cover	48	1	Flywheel Cover
6	1	Left Handlebar Cover	49	1	M8 Nylon Locknut
7	1	Seat Bracket	50	2	Flange Screw
8	1	Seat Post	51	4	M6 x 13mm Button Screw
9	1	Seat	52	1	Power Cord
10	1	Seat Knob	53	1	Right Belt Cover
11	1	Seat Carriage	54	2	M8 x 52mm Button Screw
12	2	Small Frame Bushing	55	1	Left Belt Cover
13	1	Front Stabiliser Cover	56	2	M4 x 50mm Screw
14	2	Rear Stabiliser Endcap	57	22	M4 x 16mm Screw
15	1	Front Stabiliser	58	1	Small Pulley
16	1	Rear Stabiliser	59	8	M6 x 16mm Tapered Button Screw
17	2	Wheel	60	8	M4 x 8mm Screw
18	1	Right Pedal Strap	61	1	M6 x 8mm Button Screw
19	2	Leveling Foot	62	4	M4 x 10mm Screw
20	2	Adjustment Knob	63	2	M6 Nylon Locknut
21	1	Right Pedal	64	1	Stop Bracket
22	1	Left Pedal	65	1	M8 x 35mm Screw
23	1	Right Crank Arm	66	2	M6 Washer
24	1	Left Crank Arm	67	3	M4 x 38mm Screw
25	1	Left Pedal Strap	68	2	M8 x 70mm Button Screw
26	1	Left Side Shield	69	2	Large Frame Bushing
27	1	Right Side Shield	70	4	M4 x 12mm Flange Screw
28	1	Snap Ring	71	1	M6 x 8mm Zinc Button Screw
29	1	Pulley	72	2	Small Snap Ring
30	1	Magnet	73	1	Right Stabiliser Endcap
31	1	Bottle Holder	74	1	Steel Washer
32	1	Flywheel Washer	75	2	Crank Cover
33	2	Crank Bearing	76	1	Idler Bracket
34	1	Flywheel	77	1	7.5mm Spacer
35	1	“C” Magnet	78	2	M8 Washer
36	1	Resistance Cable Assembly	79	1	8.5mm Spacer
37	1	Spring	80	1	CD Holder
38	1	Resistance Motor	81	2	Small Pulley Washer
39	1	Idler Assembly	#	1	Power Cord Adapter
40	4	M8 x 33mm Button Screw	#	1	Audio Cable
41	4	M4 x 12mm Screw	#	2	Hex Key
42	1	Upper Wire Harness	#	1	User’s Manual
43	1	Lower Wire Harness			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. **Read all instructions in this manual before using the exercise cycle.**
2. **Use the exercise cycle only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.**
4. **The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.**
5. **Place the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor.**
6. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
7. **Keep children under the age of 12 and pets away from the exercise cycle at all times.**
8. **Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.**
9. **The exercise cycle should not be used by persons weighing more than 115 kg (250 lbs.).**
10. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
11. **Always keep your back straight when using the exercise cycle; do not arch your back.**
12. **If you feel pain or dizziness whilst exercising, stop immediately and cool down.**
13. **The decal shown below has been placed on the exercise cycle. If the decal is missing, or if it is not legible, call our Customer Service Department at 0345 089 009 and order a free replacement decal. Apply the decal in the location shown.**


⚠WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.

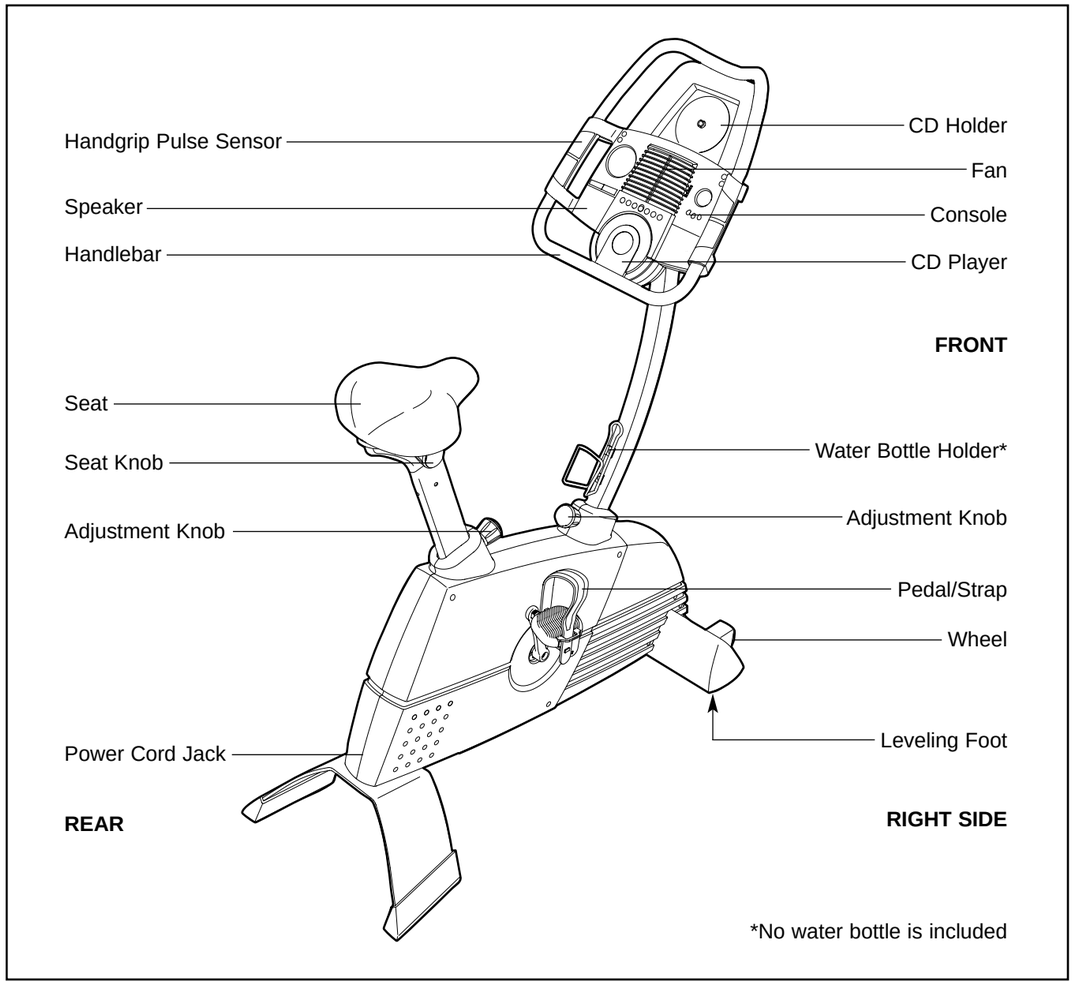
⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® 800TR exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The PROFORM® 800TR exercise cycle offers an impressive array of features to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions after reading this manual, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is PFEVEX69830. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual).

Before reading further, please familiarise yourself with the parts that are labeled in the drawing below.



SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

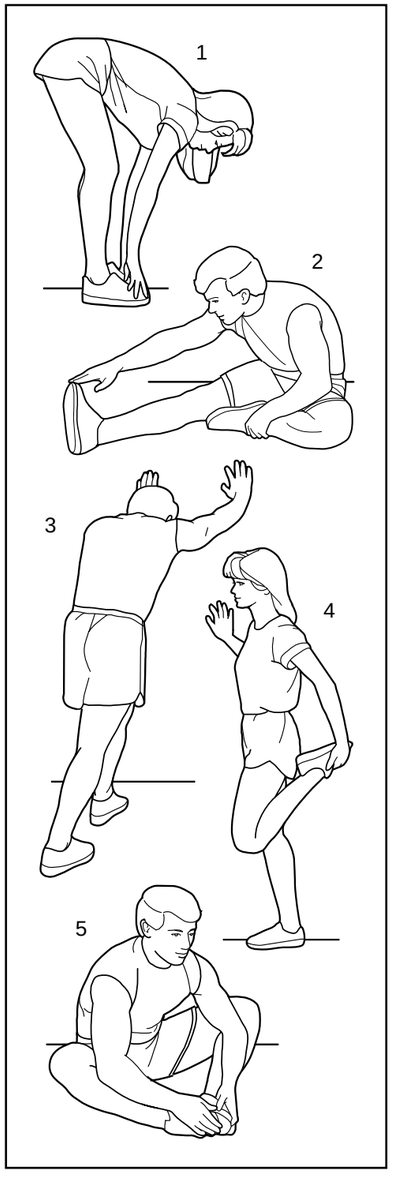
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♥
145	*138*	*130*	*125*	*118*	*110*	*103*	♥
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

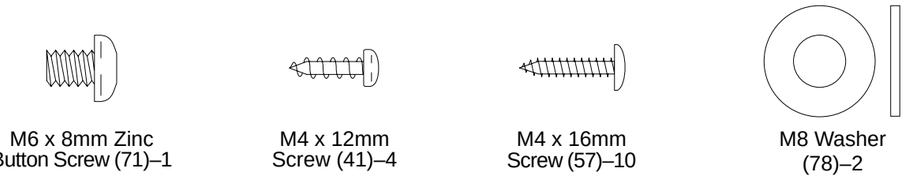
To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

ASSEMBLY

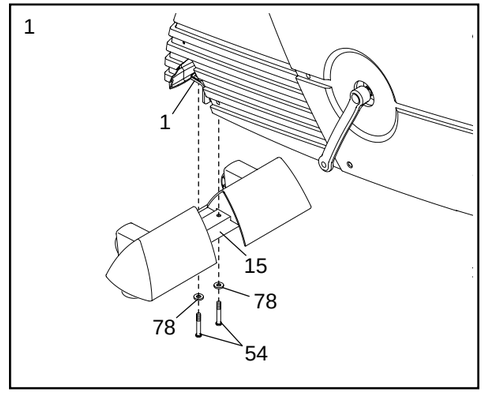
Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included tools and your own adjustable spanner **and Phillips screwdriver** **.**

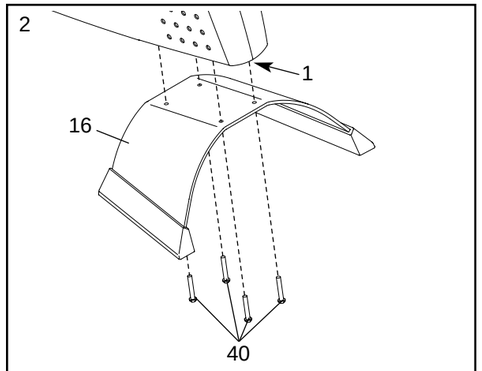
Use the drawings below to identify the small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 26. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled.**


M6 x 8mm Zinc Button Screw (71)–1
M4 x 12mm Screw (41)–4
M4 x 16mm Screw (57)–10
M8 Washer (78)–2
M6 x 16mm Tapered Button Screw (59)–8
M8 x 33mm Button Screw (40)–4
M8 x 52mm Button Screw (54)–2

1. Orient the Front Stabiliser (15) as shown. Whilst another person lifts the front of the Frame (1), attach the Front Stabiliser to the Frame with two M8 x 52mm Button Screws (54) and two M8 Washers (78).



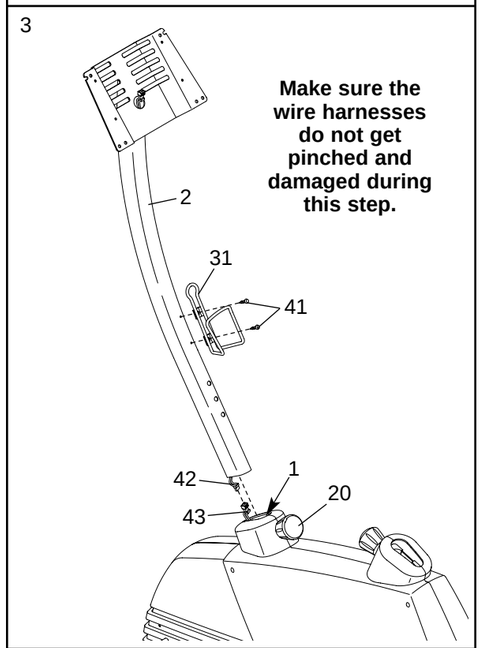
2. Whilst another person lifts the rear of the Frame (1), attach the Rear Stabiliser (16) to the Frame with four M8 x 33mm Button Screws (40).



3. Whilst another person holds the Upright (2) in the position shown, connect the Upper Wire Harness (42) to the Lower Wire Harness (43). Gently pull the upper end of the Upper Wire Harness to remove any slack from the Wire Harnesses.

   Turn the indicated Adjustment Knob (20) counterclockwise two or three turns to loosen it. Next, pull the Knob, insert the Upright (2) into the Frame (1), and then release the Knob. **Be careful to avoid pinching the Wire Harnesses (42, 43). Move the Upright up and down slightly until the pin on the Knob snaps into one of the holes in the Upright.** Then, turn the Knob clockwise until it is tight.

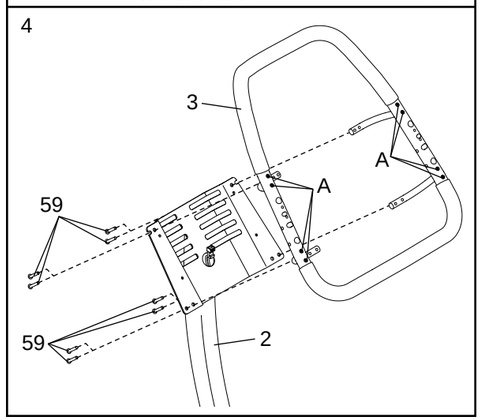
   Attach the Water Bottle Holder (31) to the Upright (2) with two M4 x 12mm Screws (41).



4. Loosen the eight indicated screws (A) in the Handlebar (3).

   Attach the Handlebar (3) to the Upright (2) with eight M6 x 16mm Tapered Button Screws (59). **Do not tighten the Tapered Button Screws yet.**

   Retighten the eight screws (A) in the Handlebar (3).



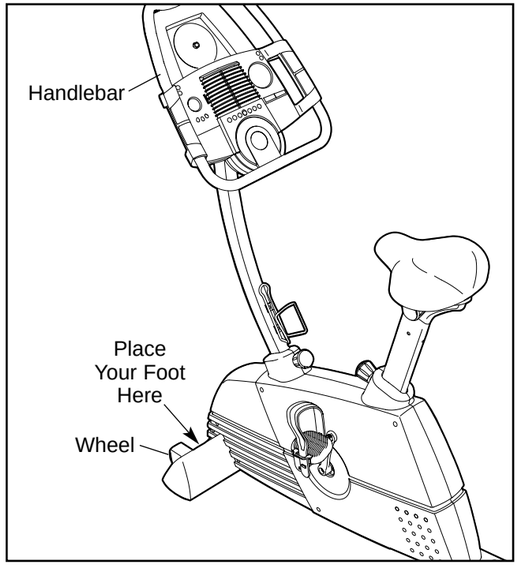
MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

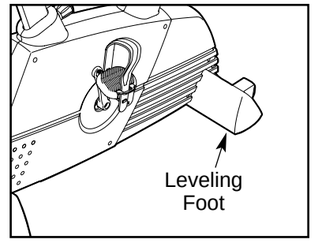
To clean the exercise cycle, use a damp cloth and a small amount of mild soap. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

HOW TO MOVE THE EXERCISE CYCLE

To move the exercise cycle, stand in front of the exercise cycle, hold the handlebars, and place one foot on the front stabiliser. Pull the handlebars until the exercise cycle can be moved on the front wheels. Carefully move the exercise cycle to the desired location, place one foot on the front stabiliser, and then carefully lower the exercise cycle.



HOW TO LEVEL THE EXERCISE CYCLE



After the exercise cycle has been moved to the location where it will be used, make sure that both ends of front stabiliser are touching the floor. If the exercise cycle rocks slightly during use, turn one or both of the leveling feet under the front stabiliser until the rocking motion is eliminated.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

- Avoid moving your hands whilst using the handgrip pulse sensor. Excessive movement may interfere with heart rate readings.
- Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 30 seconds.
- For optimal performance of the handgrip pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth; **never use alcohol, abrasives, or chemicals.**

BATTERY REPLACEMENT

If the console is using battery power, and if the displays becomes dim, the batteries should be replaced. Most console problems are the result of low batteries. See assembly step 9 on page 8 for replacement instructions.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to play iFIT.com programs directly from the internet. To use programs from our Web site, the exercise cycle must be connected to your computer. See HOW TO CONNECT TO YOUR COMPUTER on page 20. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

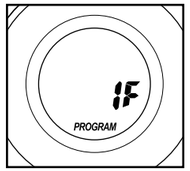
Follow the steps below to use a program from our Web site.

1 **Turn on the console.**

See step 1 on page 12.

2 **Select the iFIT.com mode.**

Each time the console is turned on, the manual mode will be selected. To use a program from our Web site, press the iFIT.com button. The iFIT.com indicator will light and the letters IF will appear in the small display.



3 **Go to your computer and start an internet connection.**

4 **Start your Web browser, if necessary, and go to our Web site at www.iFIT.com.**

5 **Follow the desired links on our Web site to select a program.**

6 **Follow the on-line instructions to start the program.**

When you start the program, an on-screen countdown will begin.

7 **Return to the exercise cycle and begin pedaling.**

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a Smart program (see step 3 on page 14). However, an electronic “chirping” sound will alert you when the resistance level and/or the target pace is about to change.

8 **Follow your progress with the large display.**

See step 4 on page 12.

9 **Measure your heart rate if desired.**

See step 5 on page 13.

10 **Turn on the fan if desired.**

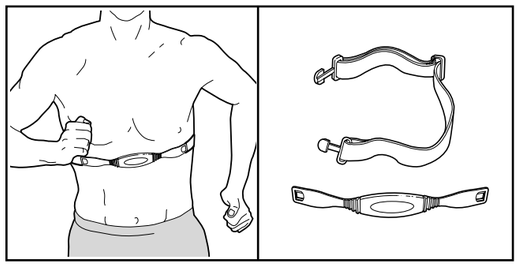
See step 6 on page 13.

11 **When you are finished exercising, the console will automatically turn off.**

See step 7 on page 13.

THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call 08457 089 009.**



5. Whilst another person holds the Console (4) in the position shown, connect the wire harness on the Console to the Upper Wire Harness (42). Insert the excess wire harness down into the Upright (2).

   Attach the Console (4) to the Upright (2) with four M4 x 16mm Screws (57). **Be careful to avoid pinching the wire harnesses.**

6. Attach the Left Handlebar Cover (6) to the Console (4) with three M4 x 16mm Screws (57). Attach the Right Handlebar Cover (5) in the same way.

   Attach the CD Holder (80) to the Console (4) with two M4 x 12mm Screws (41) as shown.

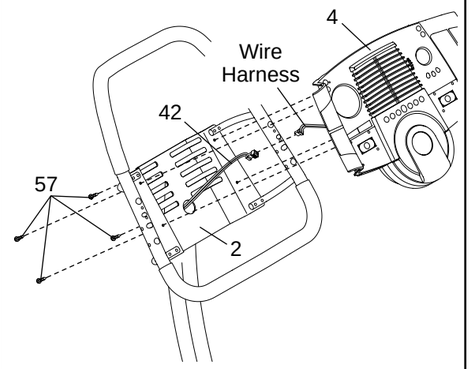
   See assembly step 4. Tighten the eight M6 x 16mm Tapered Button Screws (59).

7. Turn the indicated Adjustment Knob (20) counterclockwise two or three turns to loosen it. Next, pull the Knob, remove the packing tube from the Frame (1), and insert the Seat Post (8) into the Frame. Release the Knob, and **move the Seat Post up and down slightly until the pin on the Knob snaps into one of the holes in the Seat Post.** Then, turn the Knob clockwise until it is tight.

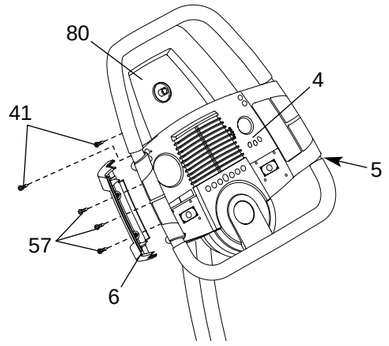
   Slide the Seat Carriage (11) onto the Seat Bracket (7), and then tighten the Seat Knob (10) into the right side of the Seat Carriage. Tighten the M6 x 8mm Zinc Button Screw (71) into the Seat Bracket behind the Seat Carriage.

   Loosen the two nuts (not shown) on the clamp beneath the Seat (9). Slide the clamp fully onto the Seat Carriage (11). Tilt the Seat to the desired angle, and then retighten the nuts on the clamp.

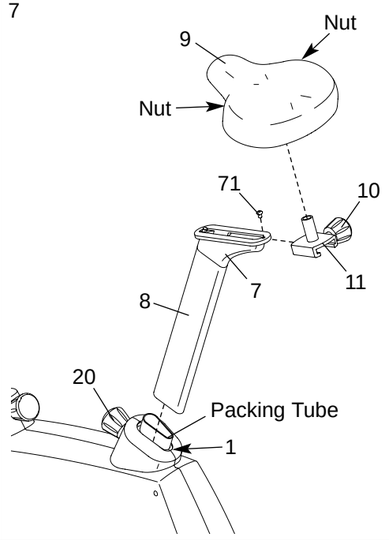
5



6



7



8. Identify the Left Pedal (22), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the Left Crank Arm (24). Tighten the Right Pedal (not shown) *clockwise* into the Right Crank Arm. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

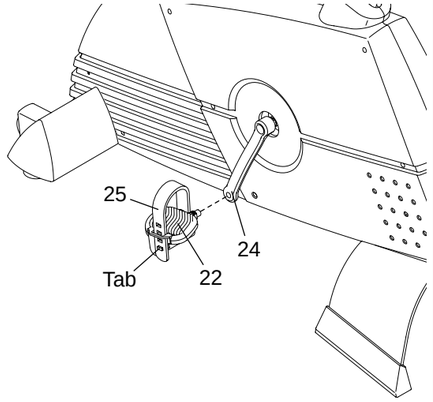
   Adjust the Left Pedal Strap (25) to the desired position, and press the end of the Pedal Strap onto the tab on the Left Pedal (22). Adjust the Right Pedal Strap (not shown) in the same way.

9. Plug one end of the Power Cord (52) into the jack at the rear of the exercise cycle. Plug the other end of the Power Cord into an appropriate outlet that is properly installed in accordance with all local codes and ordinances. Note: In the UK, use the included adapter (not shown) with the Power Cord. In Italy, a separate adapter (not included) is required.

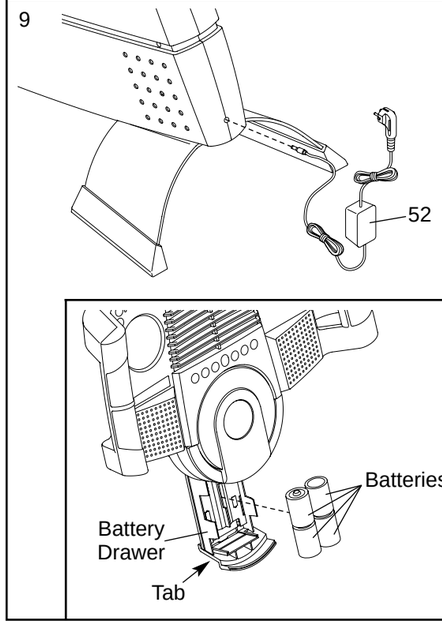
   Note: The console can be operated with batteries instead of the Power Cord (52) if desired. To install batteries, follow the instructions below.

   See the inset drawing. Press the indicated tab on the battery drawer and pull the battery drawer down. Press four "D" batteries into the battery clips; **make sure that the batteries are oriented as shown by the markings inside of the battery clips.** Then, close the battery drawer. Note: Alkaline batteries are recommended.

8



9



10. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

    The exercise cycle is now fully assembled. If you have purchased the optional chest pulse sensor (see page 22), go to page 9.

HOW TO USE IFIT.COM VIDEO PROGRAMS

To use iFIT.com videocassettes, the exercise cycle must be connected to your VCR. See HOW TO CONNECT TO YOUR VCR on page 20. **To purchase iFIT.com videocassettes, visit our Web site at www.iconeurope.com.**

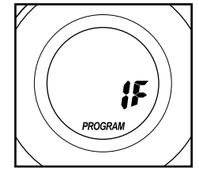
Follow the steps below to use an iFIT.com video program.

1 Turn on the console.

See step 1 on page 12.

2 Select the iFIT.com mode.

Each time the console is turned on, the manual mode will be selected. To use an iFIT.com videocassette, press the iFIT.com button. The iFIT.com indicator will light and the letters IF will appear in the small display.



3 Insert the iFIT.com videocassette.

Insert the videocassette into your VCR.

4 Press the play button on your VCR.

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The video program will function in almost the same way as a Smart program (see step 3 on page 14). However, an electronic "chirping" sound will alert you when the resistance level and/or the target pace is about to change.

Note: If the resistance level and/or the target pace does not change when a "chirp" is heard:

- **Make sure that the iFIT.com indicator is lit.**
- **Adjust the volume of your VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected and that it is fully plugged in.**

To stop the program at any time, stop pedaling and press the pause button on your VCR. To restart the program, press the play button on your VCR and begin pedaling.

5 Follow your progress with the large display.

See step 4 on page 12.

6 Measure your heart rate if desired.

See step 5 on page 13.

7 Turn on the fan if desired.

See step 6 on page 13.

8 When you are finished exercising, the console will automatically turn off.

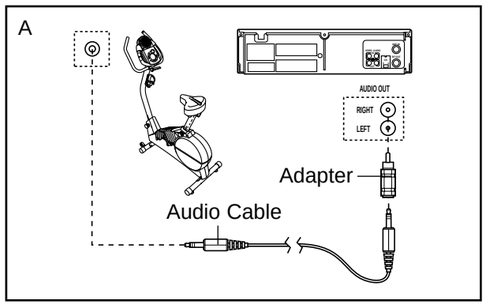
See step 7 on page 13.

HOW TO CONNECT THE EXERCISE CYCLE TO YOUR VCR OR COMPUTER

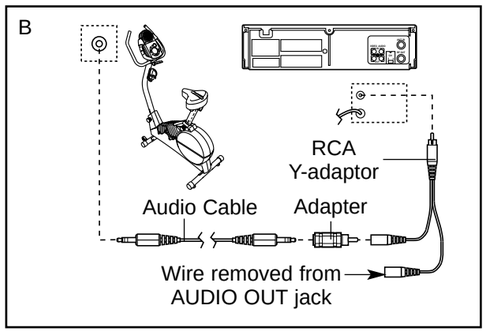
HOW TO CONNECT TO YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into the AUDIO OUT jack on your VCR.



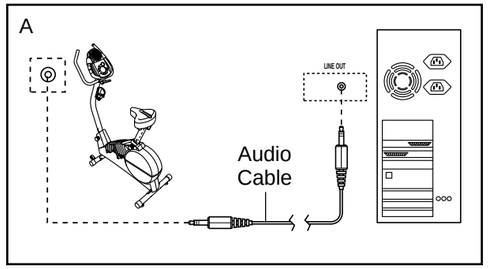
B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adaptor. Plug the Y-adaptor into the AUDIO OUT jack on your VCR.



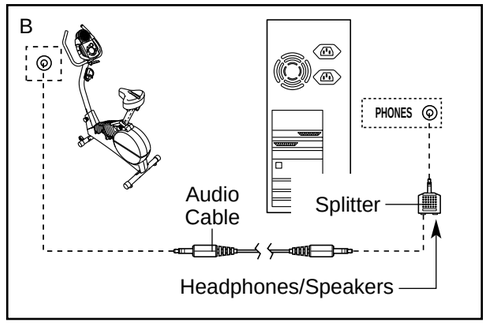
HOW TO CONNECT TO YOUR COMPUTER

Note: If your computer has a 3.5mm LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the LINE OUT jack on your computer.



B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the splitter.



INSTALLING THE RECEIVER FOR THE OPTIONAL CHEST PULSE SENSOR

If you have purchased the optional chest pulse sensor (see page 22), follow the steps below to install the receiver included with the optional chest pulse sensor.

1. **See assembly step 6 on page 7.** Remove the two M4 x 12mm Screws (41) attaching the CD Holder (80) to the Console (4). Then, remove the six M4 x 16mm Screws (57) attaching the Right and Left Handlebar Covers (5, 6).

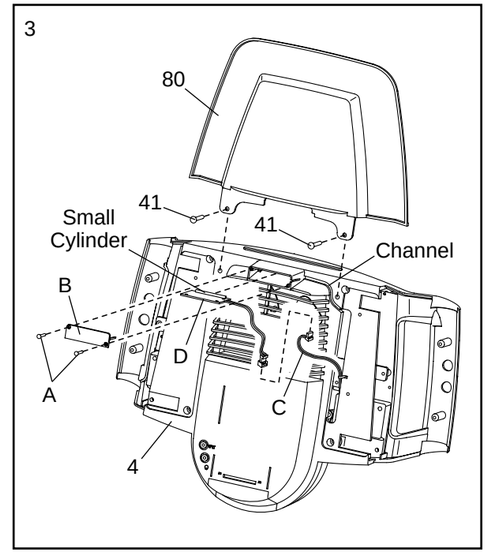
2. **See assembly step 5 on page 7.** Remove the four M4 x 16mm Screws (57) attaching the Console (4) to the Upright (2). Then, disconnect the wire harness on the Console from the Upper Wire Harness (42).

3. Turn the Console (4) face-down. Remove the two indicated screws (A) and the metal plate (B) from the back of the Console.

   Locate the indicated wire (C) inside of the Console (4). Pull the end of the wire out of the Console, and connect the wire to the wire on the receiver (D). **Make sure that the connectors snap together.** Discard the other wires included with the chest pulse sensor.

   Hold the receiver (D) so the small cylinder is oriented as shown, and carefully insert the receiver into the indicated opening in the Console (4). Reattach the metal plate (B) with the two screws (A).

   Press the wire on the receiver (D) into the indicated channel in the back of the Console (4). Reattach the CD Holder (80) to the Console with the two M4 x 12mm Screws (41). **Make sure that the receiver wire is not pinched.**

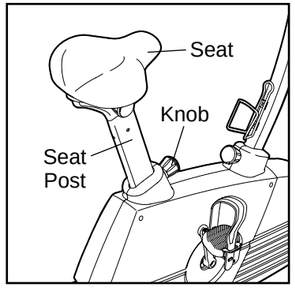


4. **See assembly step 5 on page 7.** Reconnect the wire harness on the Console (4) to the Upper Wire Harness (42). Insert the excess wire harness down into the Upright (2). Reattach the Console to the Upright with the four M4 x 16mm Screws (57). **Be careful to avoid pinching the wire harnesses.**

5. **See assembly step 6 on page 7.** Reattach the Right and Left Handlebar Covers (5, 6) to the Console (4) with the six M4 x 16mm Screws (57).

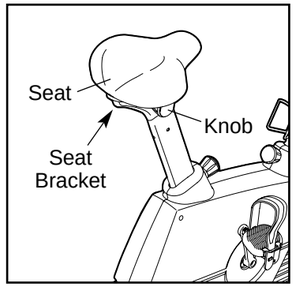
HOW TO OPERATE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT POST



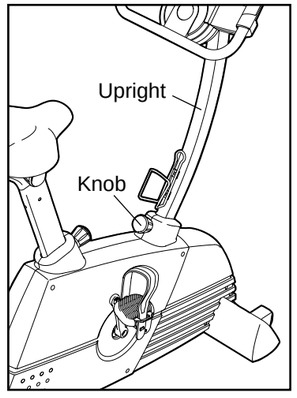
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first turn the indicated knob counterclockwise two or three turns to loosen it (if the knob is not loosened enough, it may scratch the seat post). Next, pull the knob, slide the seat post to the desired height, and then release the knob. **Move the seat post up and down slightly until the pin on the knob snaps into one of the holes in the seat post.** Then, turn the knob clockwise until it is tight.

HOW TO ADJUST THE SEAT



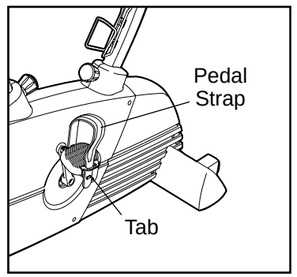
The seat can be adjusted to the position that is the most comfortable for you. **Before adjusting the seat, dismount the exercise cycle; do not adjust the seat whilst you are sitting on it.** To adjust the seat, turn the indicated knob counterclockwise to loosen it, slide the seat carriage forward or backward, and then retighten the knob.

HOW TO ADJUST THE UPRIGHT



The upright can be adjusted to the height that is the most comfortable for you. To adjust the upright, first turn the indicated knob counterclockwise two or three turns to loosen it (if the knob is not loosened enough, it may scratch the upright). Next, pull the knob, slide the upright to the desired height, and then release the knob. **Move the upright up and down slightly until the pin on the knob snaps into one of the holes in the upright.** Then, turn the knob clockwise until it is tight.

HOW TO ADJUST THE PEDAL STRAPS



To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps back onto the tabs.

6 **Follow your progress with the large display.**

See step 4 on page 12.

7 **Measure your heart rate if desired.**

See step 5 on page 13.

8 **Turn on the fan if desired.**

See step 6 on page 13.

9 **When you are finished exercising, the console will automatically turn off.**

See step 7 on page 13.

Note: Always remove iFIT.com CDs from the CD player when you are finished using them.

HOW TO PLAY MUSIC CDS

If desired, you can play your own music CDs in the CD player. Before playing music CDs, select the manual mode of the console (see HOW TO USE THE MANUAL MODE on page 12).

HOW TO USE IFIT.COM CD PROGRAMS

When you use an iFIT.com CD program, a certified personal trainer will guide you through your workout whilst the program interactively controls the resistance of the pedals and prompts you to increase or decrease your pace. **Note: To purchase iFIT.com CDs, visit our Web site at www.iconeurope.com.**

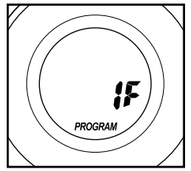
Follow the steps below to use an iFIT.com CD program.

1 Turn on the console.

See step 1 on page 12.

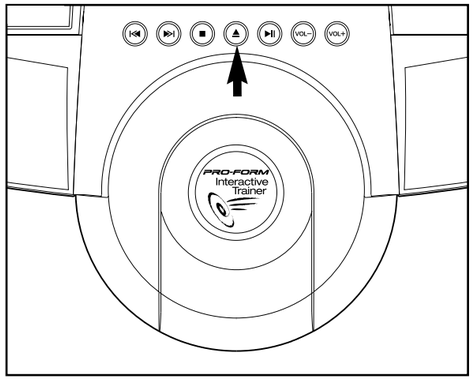
2 Select the iFIT.com mode.

Each time the console is turned on, the manual mode will be selected. To use an iFIT.com CD, press the iFIT.com button. The iFIT.com indicator will light and the letters IF will appear in the small display.

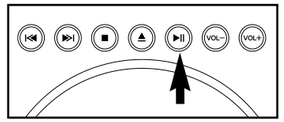


3 Insert an iFIT.com CD into the CD player.

To open the CD player, slide the centre button on the CD player upward. Carefully insert an iFIT.com CD into the CD player and then close the lid.

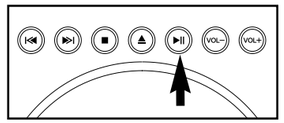


4 Press the Play/Pause button to start the program.

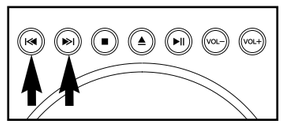


To start the CD program, press the play/pause button on the CD player. A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The CD program will function in almost the same way as a Smart program (see step 3 on page 14). However, an electronic "chirping" sound will alert you when the resistance level and/or the target pace is about to change. **Note: If the resistance level and/or the target pace does not change when a "chirp" is heard, make sure that the iFIT.com indicator is lit. In addition, adjust the volume (see step 5 below). If the volume is too high or too low, the console may not detect the program signals.**

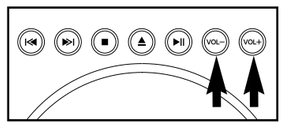


To stop the program at any time, stop pedaling and press the play/pause button. To restart the program, press the play/pause button and begin pedaling.

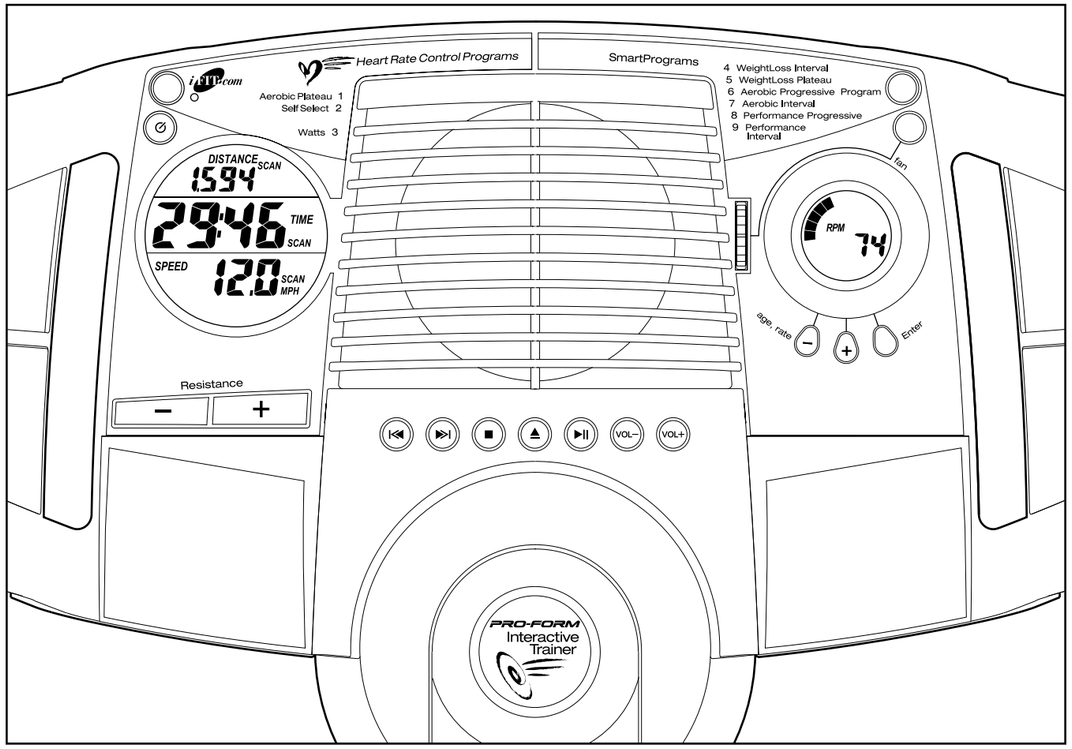


Note: To select a different program on the CD, press the skip/search buttons on the CD player.

5 Adjust the volume if desired.



To adjust the volume, press the Volume – and + buttons on the CD player.



FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the pedals can be changed with the touch of a button. As you work out, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor or the optional chest pulse sensor (see page 22 for information about the optional chest pulse sensor).

The console also offers six Smart programs. Each program automatically changes the resistance of the pedals and prompts you to increase or decrease your pace as it guides you through an effective workout. In addition, the console features two Heart Rate programs that change the resistance of the pedals and prompt you to vary your pace to keep your heart rate near a target heart rate whilst you exercise. The console also features a Watts program that changes the resistance of the pedals to keep your power output near a target level during your workout.

In addition, the console features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using the built-in CD player, you can play special iFIT.com CD programs. iFIT.com CD programs automatically control the resistance of the pedals and prompt you to vary your pace whilst a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs, visit our Web site at www.iconeurope.com.**

Using the included audio cable, you can also connect the exercise cycle to your VCR and TV and play iFIT.com video programs. iFIT.com video programs offer the same benefits as iFIT.com CD programs, and allow you to enjoy breathtaking scenery whilst you exercise. **To purchase iFIT.com videocassettes, visit our Web site at www.iconeurope.com.**

You can even connect the exercise cycle to your home computer, go to our Web site at www.iFIT.com, and access programs directly from our Web site. **Explore www.iFIT.com for more information.**

To use the manual mode of the console, see the instructions below. **To use a Smart program,** see page 14. **To use a Heart Rate program,** see page 15. **To use the Watts program,** see page 17. **To use an iFIT.com CD program,** see page 18. **To use an iFIT.com video program,** see page 21. **To use a program directly from our Web site,** see page 22.

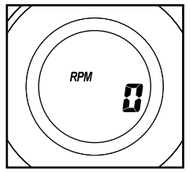
HOW TO USE THE MANUAL MODE

1 Turn on the console.

Make sure that the transformer is plugged in or that batteries are installed in the console (see assembly step 9 on page 8).

To turn on the console, press the On/Reset button or begin pedaling. (The On/Reset button is the button just above the large display.)

2 Select the manual mode.

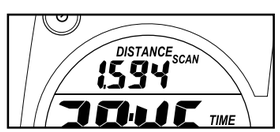


Each time the console is turned on, the manual mode will be selected. If a program has been selected, reselect the manual mode by pressing the Program button repeatedly until the letters RPM appear in the small display.

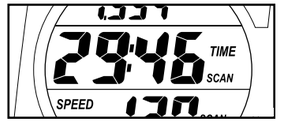
3 Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance + and – buttons. There are ten resistance levels; level 10 is the most challenging. Note: After the buttons are pressed, it will take a few seconds for the resistance to reach the selected level.

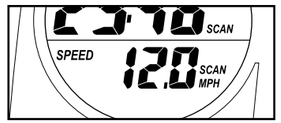
4 Follow your progress with the large display and the small display.



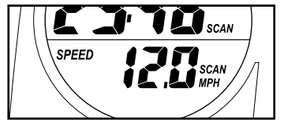
The upper section of the large display will show the distance you have pedaled and the numbers of *calories* and *fat calories* you have burned (see FAT BURNING on page 24). The display will change from one number to the next every few seconds. When you use the handgrip pulse sensor or wear the optional chest pulse sensor, the display will also show your heart rate (see step 5 on page 13).



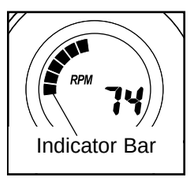
The centre of the large display will show the elapsed time and your pedaling pace (in minutes per mile). The display will change from one number to the other every few seconds. Note: When a program is selected (except for the Watts program and Heart Rate program 2), the display will show the time remaining in the program instead of the elapsed time.



The lower section of the large display will show your pedaling speed, your pedaling pace (in revolutions per minute), and the resistance level. The display will change from one number to the next every few seconds.



Note: The console can show speed and distance in either miles or kilometers. The letters MPH or KM/H will appear in the lower section of the large display to show which unit of measurement is selected. To change the unit of measurement, first hold down the Program button for a few seconds. An E (for English) or an M (for metric) will appear in the lower section of the large display. Press the Resistance + button to change the unit of measurement. Then, press the On/Reset button. Note: When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.



The small display will show your pedaling pace (in revolutions per minute). The indicator bar in the small display will increase or decrease in length as you increase or decrease your pedaling pace.

HOW TO USE THE WATTS PROGRAM

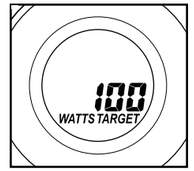
The Watts program will automatically change the resistance of the pedals to keep your power output near a target level whilst you exercise.

Follow the steps below to use the Watts program.

1 Turn on the console.

See step 1 on page 12.

2 Select the Watts program.



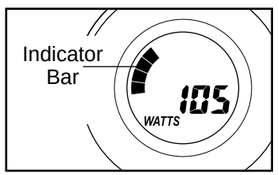
Each time the console is turned on, the manual mode will be selected. To select the Watts program, press the Program button repeatedly until the words WATTS TARGET appear in the small display.

3 Enter a target watts level.

When the Watts program is selected, a target watts setting of 100 will appear in the small display. If you do not wish to change the target watts setting, press the Enter button. If you wish to change the target watts setting, press the small + and – buttons, and then press the Enter button. The target watts setting can be from 20 to 250.

4 Begin pedaling to start the program.

The Watts program consists of 20 one-minute periods. When you begin pedaling, the resistance of the pedals will automatically change to the resistance level programmed for the first period.



At the beginning of each period, the target watts setting will appear in the small display for a few seconds, and then your actual power output will be shown. The indicator bar will also appear in the small display, increasing or decreasing in length as you increase or decrease your pedaling pace.

During the last three seconds of each period, a series of tones will sound and the time will flash in the large display. The console will then compare your power output to the target watts setting. If your power output is more than 20 watts above or below the target watts setting, the resistance of the pedals will automatically change to bring your power output closer to the target watts level. Note: If the resistance level is too high or too low, you can adjust it by pressing the Resistance buttons. However, when the next period begins, the resistance may automatically change.

During the program, the centre of the large display will show the time remaining in the program. If you stop pedaling for a few seconds, the displays will pause and the time will flash. To restart the program, resume pedaling.

5 Follow your progress with the large display.

See step 4 on page 12.

6 Measure your heart rate if desired.

See step 5 on page 13.

7 Turn on the fan if desired.

See step 6 on page 13.

8 When you are finished exercising, the console will automatically turn off.

See step 7 on page 13.

During the last three seconds of each period, a series of tones will sound and the time will flash in the large display. The resistance of the pedals will then change if a different resistance level is programmed for the next period. Note: If the resistance level is too high or too low, you can adjust it by pressing the Resistance buttons. However, when the next period begins, the resistance will automatically change if a different resistance level is programmed for the next period.

The program will continue in this way until the large display shows that no time remains in the program. Note: If you stop pedaling for a few seconds, the program will end. To use the program again, reselect it and start it at the beginning.

6 Follow your progress with the large display.

See step 4 on page 12.

7 Turn on the fan if desired.

See step 6 on page 13.

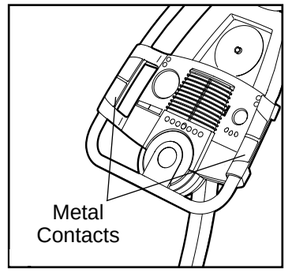
8 When you are finished exercising, the console will automatically turn off.

See step 7 on page 13.

To reset the displays, press the On/Reset button.

5 Measure your heart rate if desired.

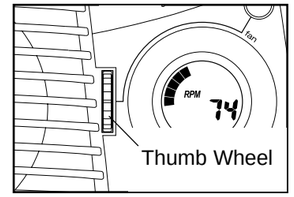
You can measure your heart rate using the built-in handgrip pulse sensor or the optional chest pulse sensor. To use the handgrip pulse sensor, follow the instructions below. **Note: If you wear the chest pulse sensor and hold the handgrip pulse sensor at the same time, the console may not display your heart rate accurately.**



If there are thin sheets of plastic on the metal contacts on the handgrips, peel off the plastic. To use the handgrip pulse sensor, hold the handgrips with your palms resting against the metal contacts. **Avoid moving your hands.** When your pulse is detected, the heart-shaped indicator in the large display will flash each time your heart beats, and your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the handgrips for about 30 seconds. Note: When you first hold the handgrips, the large display will show your heart rate continuously for 30 seconds. The display will then show your heart rate along with other feedback modes.

6 Turn on the fan if desired.



To turn on the fan at low speed, press the Fan button. To turn on the fan at high speed, press the Fan button a second time. To turn off the fan, press the Fan button a third time. Note: If the fan is turned on but the pedals are not moved for thirty seconds, the fan will automatically turn off.

Rotate the thumb wheel on the right side of the fan to pivot the fan to the desired angle.

7 When you are finished exercising, the console will automatically turn off.

If the pedals are not moved for a few seconds, the displays will pause and the time will flash in the large display. If the pedals are not moved and the console buttons are not pressed for a few minutes, the console will turn off to conserve the batteries.

HOW TO USE A SMART PROGRAM

Each Smart program will automatically change the resistance of the pedals and prompt you to increase or decrease your pace as it guides you through an effective workout. Programs 4 and 5 are weight loss programs, programs 6 and 7 are aerobic programs, and programs 8 and 9 are high-performance programs.

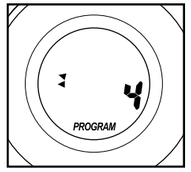
Follow the steps below to use a Smart program.

1 Turn on the console.

See step 1 on page 12.

2 Select one of the Smart programs.

Each time the console is turned on, the manual mode will be selected. To select a Smart program, press the Program button repeatedly until the number 4, 5, 6, 7, 8, or 9 appears in the small display.

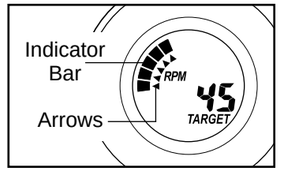


3 Begin pedaling to start the program.

Each Smart program consists of either 20 or 30 one-minute periods. One resistance level and one target pace are programmed for each period. Note: The same resistance level and/or target pace may be programmed for two or more consecutive periods.

When you begin pedaling, the resistance of the pedals will automatically change to the resistance level programmed for the first period. Note: If the resistance level is too high or too low, you can change it by pressing the Resistance buttons.

The target pace for the first period will appear in the small display for a few seconds, and the arrows in the small display will help you to pedal at the target pace—simply increase or decrease your pace until one segment of the indicator bar appears at the tip of each arrow (see the drawing at the right). Note: When the word TARGET does not appear in the small display, your actual pedaling pace will be shown. **Important: The target pace is intended only to provide a goal. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.**



During the last three seconds of each period, a series of tones will sound and the time will flash in the large display. The resistance of the pedals will then change if a different resistance level is programmed for the next period. In addition, the number of arrows in the small display will change if a different target pace is programmed for the next period.

During the program, the centre of the large display will show the time remaining in the program. If you stop pedaling for a few seconds, the displays will pause and the time will flash. To restart the program, resume pedaling.

4 Follow your progress with the large display.

See step 4 on page 12.

5 Measure your heart rate if desired.

See step 5 on page 13.

6 Turn on the fan if desired.

See step 6 on page 13.

7 When you are finished exercising, the console will automatically turn off.

See step 7 on page 13.

HOW TO USE A HEART RATE PROGRAM

Heart Rate program 1 is designed to keep your heart rate between 65% and 85% of your *maximum heart rate* during your workout. (Your maximum heart rate is estimated by subtracting your age from 220; for example, if you are 25 years old, your maximum heart rate is 195 beats per minute.) Heart Rate program 2 is designed to keep your heart rate near a target heart rate that you select.

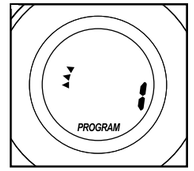
Follow the steps below to use a Heart Rate program.

1 Turn on the console.

See step 1 on page 12.

2 Select one of the Heart Rate programs.

Each time the console is turned on, the manual mode will be selected. To select a Heart Rate program, press the Program button repeatedly until the number 1 or 2 appears in the small display.



3 Enter your age or a target heart rate.

If program 1 is selected, the word AGE and the current age setting will appear in the large display. If you have already entered your age, press the Enter button. If you have not entered your age, press the small + and – buttons to enter your age, and then press the Enter button. Once you have entered your age, it will be saved in memory until the batteries are replaced.

If program 2 is selected, the letters PLS and the current target heart rate will appear in the large display. If you do not wish to change the target heart rate, press the Enter button. If you wish to change the target heart rate, press the small + and – buttons, and then press the Enter button. The target heart rate can be from 70 to 170 beats per minute.

4 Hold the handgrip pulse sensor.

To use a Heart Rate program, you must use the handgrip pulse sensor or wear the optional chest pulse sensor. If you use the handgrip pulse sensor, it is not necessary to hold the handgrips continuously during the program; however, you must hold the handgrips frequently for the program to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.**

5 Begin pedaling to start the program.

Heart rate program 1 consists of 20 one-minute periods. One resistance level and one target heart rate are programmed for each period. (Note: The same resistance level and/or target heart rate may be programmed for two or more consecutive periods.) **Heart Rate program 2** is sixty minutes long (you may choose to use only part of the program). The same resistance level and target heart rate are programmed for the entire program.

When you begin pedaling, the resistance of the pedals will automatically change to the resistance level programmed for the first period.

As you pedal, the arrows in the small display will help you to keep your heart rate near the current target heart rate. When you hold the handgrip pulse sensor, the console will compare your heart rate to the current target heart rate. If your heart rate is too far above or below the target heart rate, the number of arrows in the small display will change to prompt you to increase or decrease your pace. When the number of arrows changes, change your pace until one segment of the indicator bar appears at the tip of each arrow. **Important: The target pace is intended only to provide a goal. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.**